

Dennis Webb accepts offer of K C Royals

Another NWMSU Bearcat has decided to accept a major league baseball contract.

Dennis Webb, in a last minute decision, has decided to accept the Kansas City Royals' offer and is now training with the American League's Sarasota, Fla., team in the Gulf Coast League. He will begin season play June 24.

Webb, only a sophomore at NWMSU, was chosen in the 17th round of the annual free agent draft two weeks ago, but was reluctant to end his education.

Webb's statistics while playing with the Bearcats show why he was chosen before he graduated. Utilizing outstand-

ing speed and a batting stroke that produced a school record of 58 hits this spring and 111 for his two-season NWMSU stay, Webb was a two-time all-Missouri Intercollegiate Athletic Association first-team all-star. He won two batting titles in the loop in as many seasons and was selected the MIAA's rookie of the year in 1976. This season, Webb added a first-team NCAA District V team selection to his third-team role as a freshman.

In the latest NCAA Division II batting statistics, Webb ranked fourth nationally and he was among the country's leading hitters throughout his 70-game NWMSU career.

A centerfielder exclusively as a freshman, Webb put in a lot of playing time in left field this spring at the spot Coach Jim Wasem says is Webb's strongest position because of the relative strength of his arm.

Placed at the top of the lineup most of this season after batting third throughout his organized baseball past, Webb topped the Bearcats with 15 walks and brought his two-year base stealing record to 38 with 21 thefts in '77.

Although Wasem's Bearcats are losing one of the best players on their team, it may not be too long before the Royals add an excellent one to their lineup.

NORTHWEST

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MISSOURIAN

NWMSU acting provost appointed to new post

Robert Gard

Dr. John P. Mees, acting NWMSU provost, has been promoted to the position of vice-president for student development and acting dean of faculties, effective July 1.

The position includes responsibilities over the office of the dean of students, the office of the dean of admissions and records, the director of housing, the registrar, the Placement Office, the Counseling Center, the J. W. Jones Student Union, inter-collegiate athletics, student health services, intramurals and recreation, student activities and student financial aids.

Dr. Mees said he is looking forward to the new challenge and will put forth every effort to continue serving the University as he has for the past six years.

"I don't expect instantaneous changes," he said. "What I want to form is a long-range plan of growth and development."

"First I want to assess where we are in the Student Development program, both from the staff point of view and from the student point of view. I want to meet with them and get a feeling of where they want to go."

"I don't expect instantaneous changes," Dr. Mees said.

Dr. Mees' willingness to work closely with the students as well as the staff has made his promotion a popular one with the student body.

Student Body President-elect Rex Gwinn responded to Dr. Mees' appointment with complete approval. "I have worked with him on the University's athletic committee and on the budget committee. He is a fine individual and has all the qualities necessary to head these diverse but extremely important areas dealing with the University's student body. I know from past experience he is student-oriented, and I look forward to working with him during the coming year."

Leo Brooker, 1976-77 NWMSU student

body president, reacted similarly, saying, "I have had the pleasure of working with Dr. Mees during the recent search for the University's president-elect, and I found him eager to take time to work with the students and to understand their points of view. He is a man who is sensitive to student needs and at times I think he has been overly generous in giving his time to work with us."

Dr. Mees thinks the key to constructive communication between students and faculty is operating in an open and honest manner.

Dr. Mees, who enjoys working with students and thinks that the key to constructive communication between students and faculty is to "try to operate in an honest and open manner," has spent a great deal of time working with the students both in his experience at NWMSU and in previous administrative and teaching positions he has held. He came to NWMSU in 1971 from Illinois State University, where he served as assistant professor in the Department of Professional Laboratory Experiences and coordinator of all secondary student teaching.

Since he came to Maryville, Dr. Mees has been involved with formulating a Faculty Senate Constitution, developing new instructional techniques for various departments, developing an instructional graphics area for students and faculty, expanding hospital affiliated clinic experience for students in the field of medical technology and setting up new policies and procedures in recruiting faculty. Last year he served as administrative liaison between the presidential search committee, University administration, faculty and Board of Regents.

Other positions held by Dr. Mees include jobs as a graduate division



Dr. John Paul Mees will become Vice-President for Student Development and acting Dean of Faculties on July 1. He is presently the acting Provost. Photo by Robert Gard.

admissions counselor at the Indiana University School of Education and math instructor and supervisor of student teachers at Illinois State University's campus high school.

University President Robert P. Foster and President-elect B. D. Owens, each of whom had recommended Dr. Mees' promotion, expressed their happiness at the confirmation of his new appointment.

"I am very pleased that the Board of Regents has promoted Dr. Mees to the position of vice-president for student development," President Foster commented. "He is highly qualified for the responsibilities of this office. The experience he has had as University provost during the past year will prove to be a considerable asset in carrying out his new obligations."

Dr. Owens said he had recommended Dr. Mees for the new position since this appointment "is a major step toward this University's full development of a total living-learning environment for our student body."

"I have been impressed with Dr. Mees' understanding of higher education and of NWMSU," Dr. Owens continued. "I am delighted he has

agreed to accept this promotion and to assume the responsibilities assigned to this position. I will lean heavily upon him."

Dr. Owens said he had spoken to a number of people about the request for Dr. Mees' appointment. "All have expressed their confidence in him. He is dedicated and hard-working—a person who brings to this position creativity and excitement for the future of student development."

Dr. Mees has been the University's acting chief academic officer since July, 1976. He will remain in that position in addition to his new responsibilities until a replacement can be found.

President Foster and President-elect Owens both recommended Dr. Mees.

"I'm looking forward to full-time involvement in the job," Dr. Mees stated. "I am appreciative of the past support I have received from all segments of the University's constituency and I look forward to their continued support and counsel."

Educational costs at NWMSU still comparatively low

Bette Hass

Although NWMSU students' fees are rising, most college students across the nation are paying more money than those in Maryville.

Starting in the fall, out-of-state students will be paying \$385 a semester for tuition and Missouri residents will be charged \$190. Residence hall fees will also be going up, with high rise dormitories charging \$30 more than last year and all other dorms raising their prices by \$20. Each of the meal plans offered by the University will cost more, too.

Though these price increases may be placing a bind on many NWMSU students, they don't even come close to the costs at other colleges and universities. At the University of Montana, non-resident students will be paying \$1,921 for tuition, alone, in 1977-78.

Prices have gone up at the University of Miami, Fla., as well, with students demonstrating in protest of the \$3,500 fee for undergraduates. The tuition at UM has risen by \$1,200 since 1970-71.

Alan Marcus, editor-in-chief of the campus newspaper at that university, said that the students' principal demand was that the board of trustees and president set up a meeting with student representatives to discuss the tuition jump and justify its necessity by producing the school's itemized budget charts.

The University's president, Dr. Henry K. Stanford, refused, saying that he'd "already made broad budgetary material available," but offered to speak with the student leaders at the campus cafeteria.

Disagreeing, Susan Havey, the student body president, and about 23 others staged a sit-in for more than six hours at Stanford's office in the central administration building while the president waited at the cafeteria for two hours.

Marcus said that "except for the students getting busted, nothing's happened. The president says he'll meet with them but believes there was 'no merit to the protest,' and still hasn't agreed to allow student review of the budget."

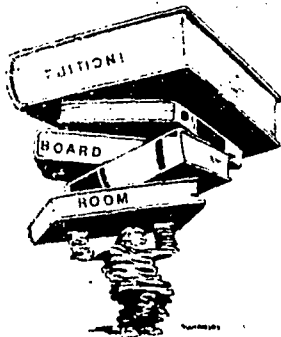
Some NWMSU students have also expressed interest in being able to see the itemized budget. Larry Helm, editor of the yearbook, said, "I guess they have to keep up with inflation, but I'd like to know where the money goes. We have a right to see the budget and know who made up the budget."

Last year's budget is kept on file in the reserve room of the library, but the 1977-78 budget will not be made available to students until after it is finalized.

A student representative is also allowed on the budget committee at NWMSU. Rex Gwinn, student body president-elect was on the committee which made up the upcoming year's budget. He said that he feels everything he said was considered.

"I felt that the increases being made here are justified, when you consider that about a million dollars of our budget will be spent on utilities," Gwinn said. This figure, according to Gwinn, is a 250 percent increase over the utility bills of a few years ago.

For freshmen at Georgetown University Medical School in Washington, tuition, alone, in September will cost \$12,500 a year.



But, at many schools across the nation, apathy has run rampant and students have done nothing to get involved in the policy-making of their administrations. And, also, students usually have little say in the budget recommendations of most state legislatures. Higher education is usually considered a frill, and with the taxpayers breathing down their necks for less spending, there is a tendency to start the trimming at the colleges first.

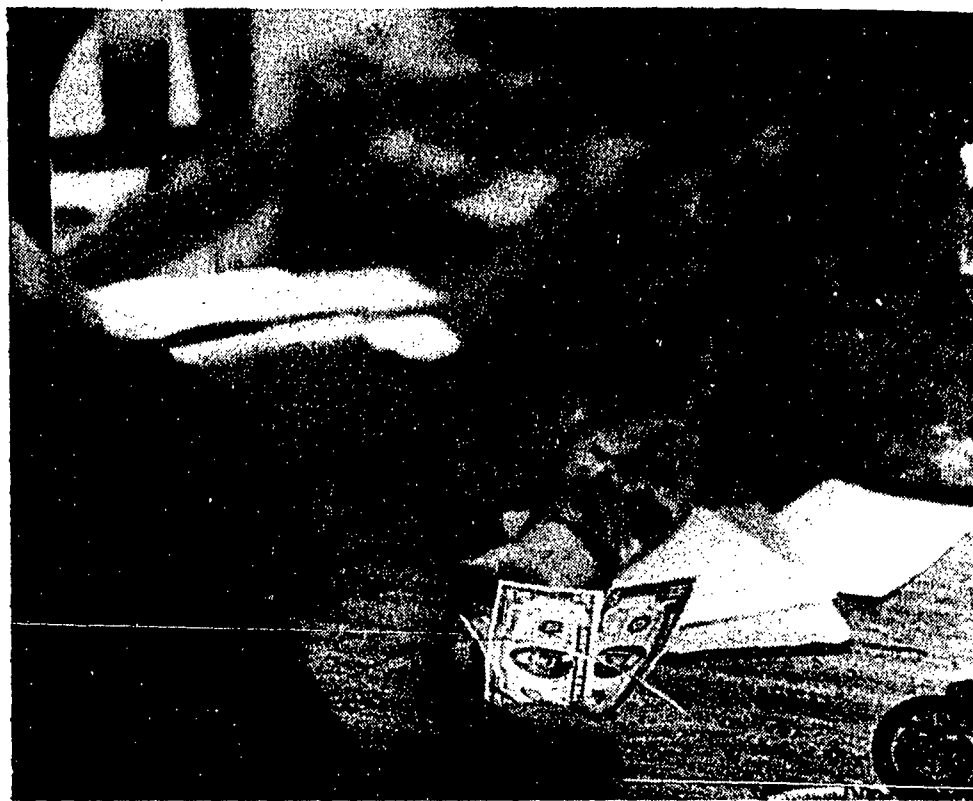
Many college students are also finding this to be true in the area of financial aid. As Doyle VanDyne, director of financial aid at NWMSU, said, "Just because the college costs go up doesn't necessarily mean that Congress is going to appropriate more money." He explained that locally, though, students are in good shape because of the increases in monies being given out by the Basic Educational Opportunity grant (BEOG). He also said that NWMSU doesn't have to depend on federal money for its National Direct Student Loan (NDSL) program because the student repayments are taking care of the money they are giving out.

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Also, for the first time in history, wealthy families are now able to obtain educational loans. Several private colleges are offering families earning up to \$60,000 a year tuition loans--at interest rates of 8.5 percent.

According to the *Chronicle of Higher Education*, the "Loans for the Affluent" program originated at Harvard and has spread to Amherst, Bryn Mawr, Cornell and Stanford since then.

These loans have become necessary because costs at the above mentioned schools are running as high as \$7-10,000 a year for tuition, room and board. The highest cost



Students at NWMSU will be paying more for tuition and room and board in the fall, but they are lucky compared to others across the nation. Photo by Robert Gard.

raises have been instituted at medical schools. For freshmen at Georgetown University Medical School in Washington, tuition alone, in September will cost \$12,500 a year. This is up from \$6,500 last September.

So, students at NWMSU don't really have it as bad as many across the country. But they have to decide themselves, whether they can really afford to pay the new prices that will take effect this fall.

Job directory published

A directory has been compiled by a Houston publisher to inform the public of the employment needs and hiring principles of 750 of the largest corporations in the city.

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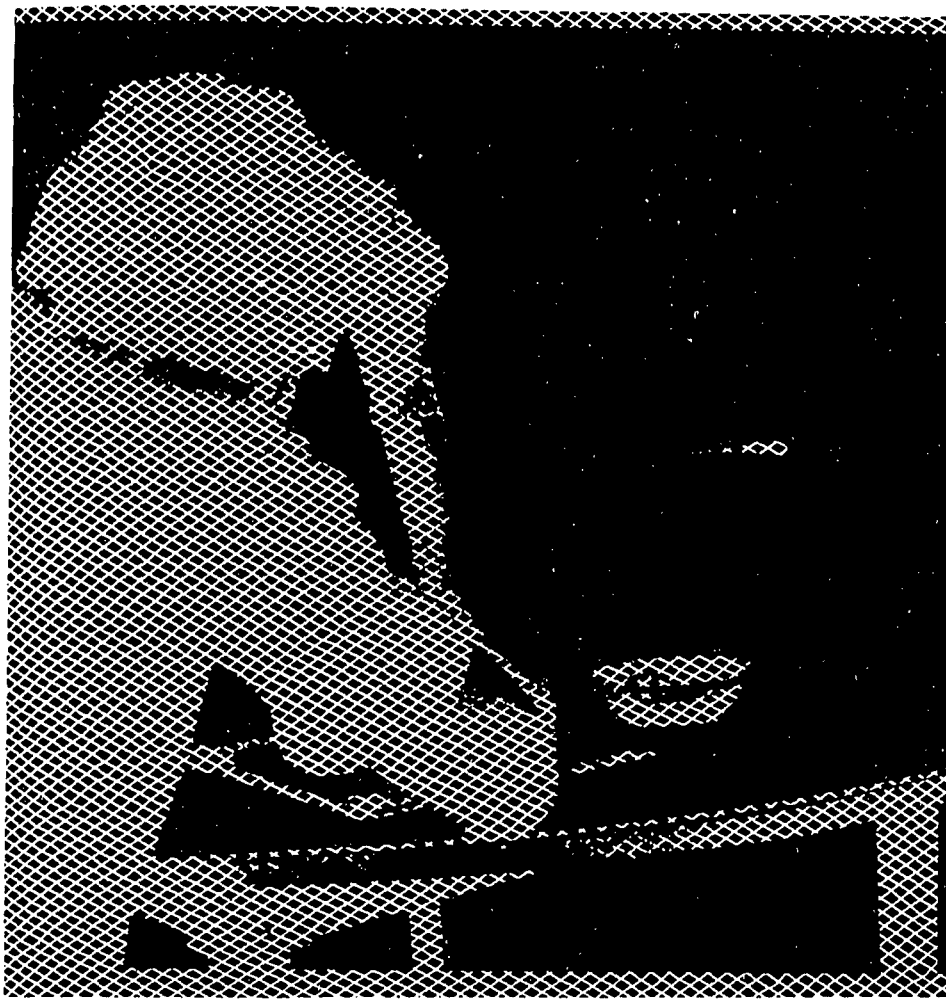
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Though HEW has a Right to Read Office which is supposed to be lowering the illiteracy rate in the U.S., it has been relatively unsuccessful. Many students are still graduating from high school without being able to read something as basic as a newspaper. Photo by Mic Jones

HEW program fails to lower illiteracy rate

Clifford A. Welch

(CPS)--In 1969 the Department of Health, Education and Welfare (HEW) set as a major goal for the 1970's the assurance that all citizens would have the opportunity to learn to read and write. A federal survey completed some seven years later, however, reveals little proof of the department's efforts.

The survey of 4,200 youths across the country, in fact, shows that more than 40 percent of the 17-year-old blacks in the U.S. are functionally illiterate. This figure compares to an eight percent illiteracy rate among whites and 13 percent for all other races in that age group.

The study, completed in September, 1976 by the National Assessment of Education Progress for HEW's Right to Read Office (RRO), indicates little change in overall reading ability among 17-year-olds in the past two years.

Gilbert B. Schiffman, recently appointed director of RRO, feels the study's findings are a "national disgrace" and added that improvements in teacher training programs should become a "national priority."

Unfortunately the response to the survey has not been dramatic, even though Schiffman "expected more furor and excitement in concern."

Several HEW bureaucrats involved with education couldn't respond to questions as they were not at all familiar with the report.

On the other hand, the director of Title One, a department of HEW that apportions federal money for programs to improve the reading and writing skills of "educationally disadvantaged kids, those that gain only seven months for every ten they're in school," found it difficult to accept the study's conclusions. He added, though, that a similar study released last fall showed "black nine-year-olds improved in their reading abilities at a rate four times greater than whites," and feels his office is "making gains."

Still, members at RRO believe there is "a ways to go in the area of literacy," as education program specialist Mary Jean LeTendre said.

More than 40 percent of the 17-year-old blacks in the U.S. are functionally illiterate. This compares to eight percent among whites.

RRO is the principle organizing agency of the department's 1969 "That all may read" edict. In early 1972, it came into full existence with a congressional allotment of some \$26 million annually, which, Schiffman exclaimed, "is an awfully limited budget."

Before Schiffman arrived in January, RRO's most spectacular achievement was the 1974 compilation and dissemination of a handbook designed to assist local school personnel in an analysis of their school's reading programs and in modifying existing practices and processes.

The recent illiteracy findings, though, have demonstrated to the RRO staff that some new or additional approach is needed. Apparently Schiffman, who was a state director of RRO as well as educational director at Johns Hopkins University before his appointment, was hired on the grounds of his belief that the illiteracy problem cannot be blamed on the lack of teaching technique, but rather on the delivery system.

The Right to Read Assessment and Planning Handbook is so comprehensive that it is still in use, and, according to LeTendre, the handbook series has brought

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Foster honored by Regents

Attending his final Board of Regents meeting as NWMSU's president, Dr. Robert P. Foster was honored by the Board for his years of service at a luncheon following the June 14 meeting.

President Foster, who will retire June 30, following 30 years of service to NWMSU, received a plaque, proclamation and gift from the Board.

He will also be honored by the city of Maryville as the city has set aside June 25 as Robert P. Foster Day.

In other action, the Board passed a motion stating that the University intends to comply with the standards set by the Department of Health, Education and Welfare to make the campus more accessible to handicapped individuals.

They also approved a series of Faculty Senate proposals that dealt with revising and clarifying existing academic policies. The areas involved included academic suspension and probation, mid-term

Overseas jobs open

Anyone who wishes to have the experience of teaching in a foreign country, but does not know how to go about acquiring a position, hope is here.

There are 150 different countries needing teachers from kindergarten to the University level with positions in most fields. In most cases a foreign language is not required. The salaries are usually comparable to those in the United States. Experience is not necessarily a requirement and in some cases certification is not required.

Friends of World Teaching is an independent organization whose motive is to help educators locate overseas positions. Graduating seniors are encouraged to apply at anytime. There are vacancies throughout the year. The address is: Friends of World Teaching, 3643 Kite St., San Diego, California 92103.

deficiencies, adding and dropping of classes, withdrawal from the University, the English proficiency policy and excess credit.

Though emphasizing that the instructional program in dairy operations will continue, the Board voted to discontinue the vocational dairy processing technical program because of excessive expenses involved.

Finally, the Board of Regents appointed seven new faculty members and hired 10 other staff members. They accepted resignations from nine faculty and staff members.



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Summer delights await at Lake of Three Fires

If you've been longing to escape those books and forget your cares for a day or so, consider Lake of Three Fires State Park near Bedford, Iowa, as the perfect (and inexpensive) quick get-away spot.

Located just 30 miles from Maryville and three miles from Bedford, Lake of Three Fires is sure to provide an activity to please everyone.

The park includes 642 acres of scenic woodlands, camping and picnic areas surrounding the lake itself. More than a mile long and a half mile wide, the lake extends into scenic inlets ideal for fishing and boating and sports a large supervised swimming area with rafts and diving boards. With cost for swimming only 60 cents, the sandy beach is also good for sunbathing and a beachhouse, shelter house with foosball tables and a snack bar are nearby.

If your sport is fishing, park personnel claim a large number of catfish and largemouth bass are waiting to be taken. A baithouse sells bait, licenses, tackle and rents a variety of boats, paddleboats, pontoons and canoes.

Hiking enthusiasts and shutter bugs will enjoy the foot and bridle trail on the west side of the lake. The trail is wide and smooth, but it winds its way up and down hills and around the lake through rugged and unspoiled woodlands.

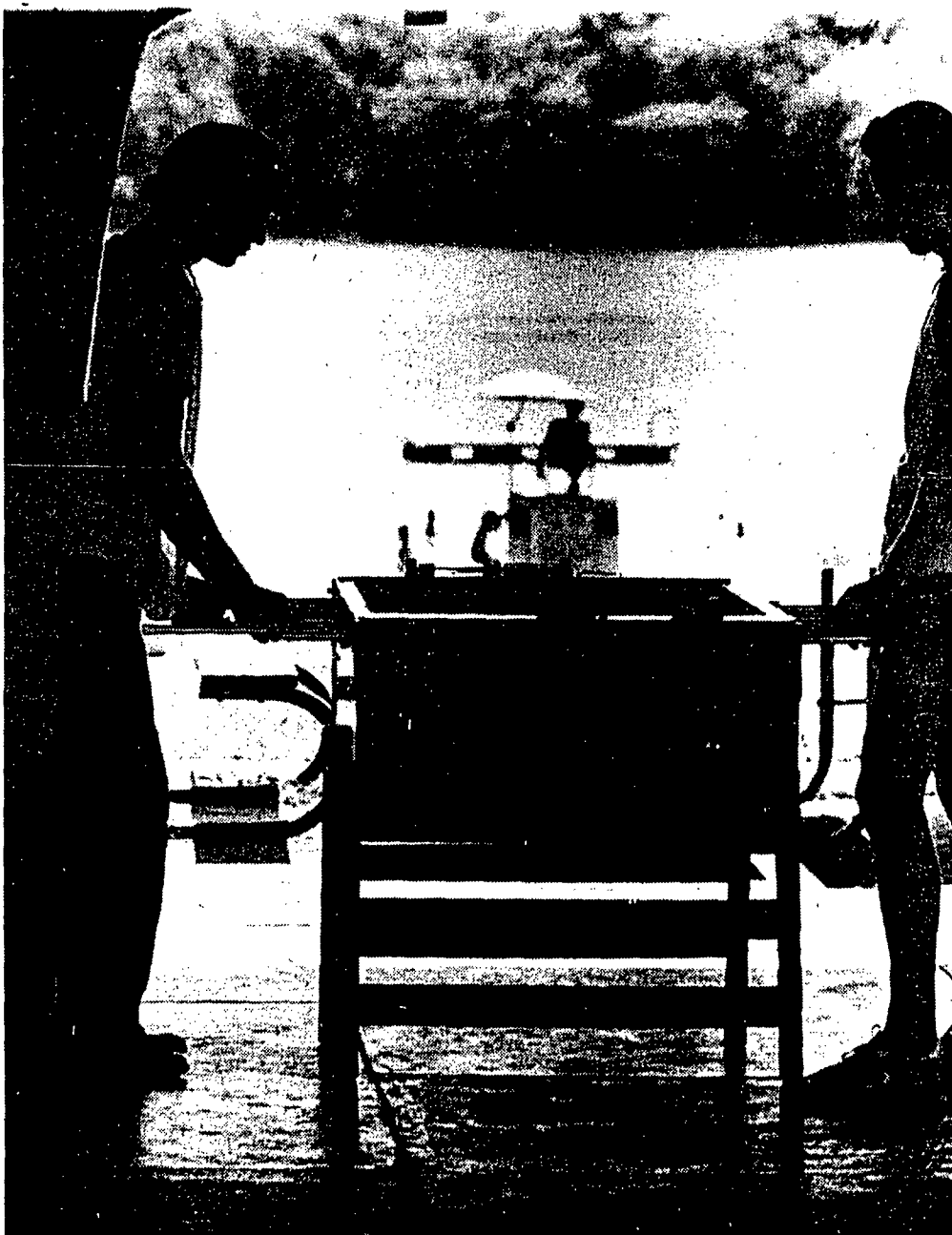
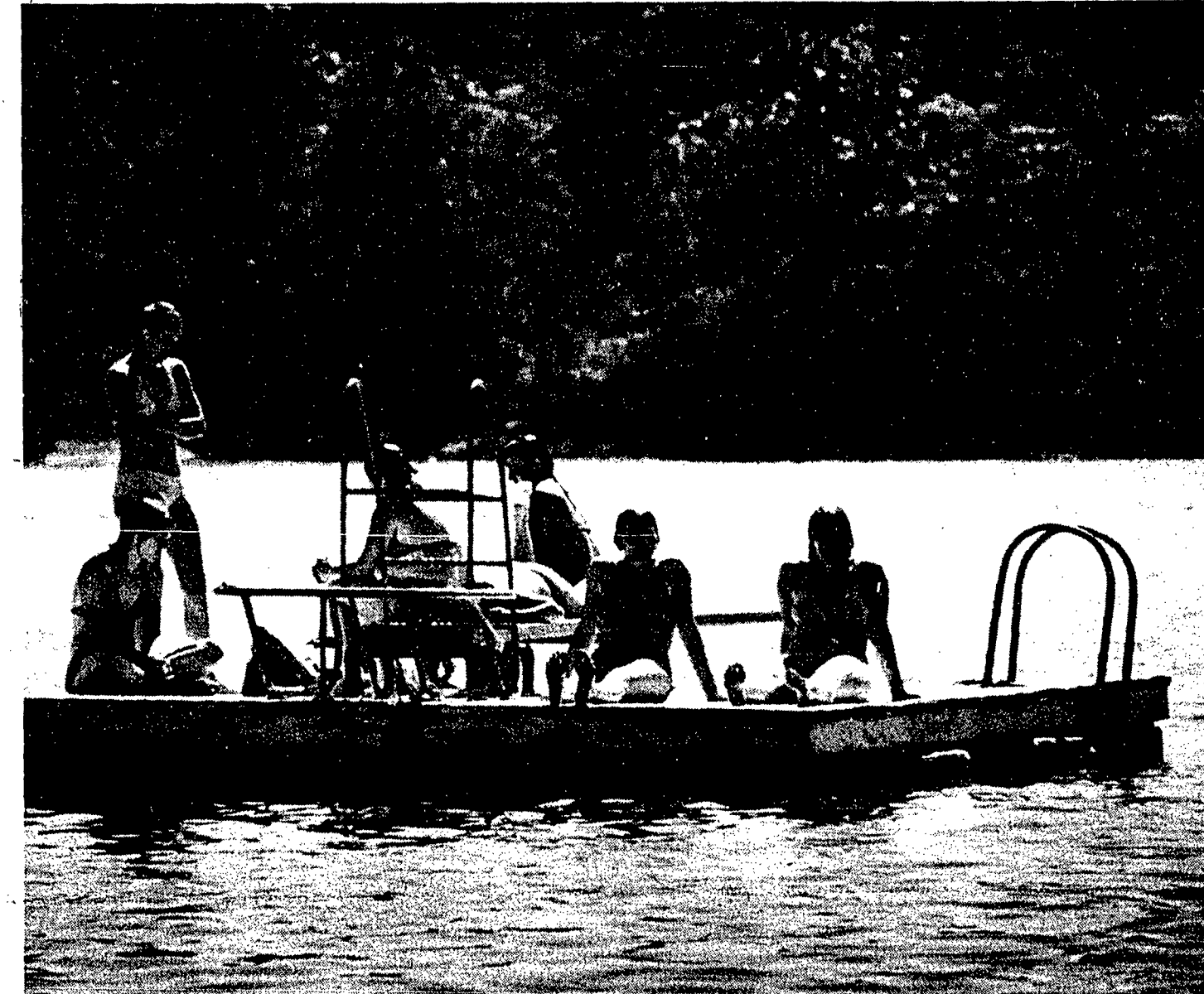
After a day full of activity, what could be more appealing than a picnic under shady oak trees to satisfy a ravenous appetite? There are over 150 picnic tables throughout the park, with dozens of fireplaces, located so they are sure to please the most discriminating picnicker's taste.

If planning to stay overnight, the camping facilities for tents or trailers are located just north of the picnic area. Modern restrooms, shower facilities and electrical outlets are provided. No reservations are needed, but campers are requested to secure a camping permit upon arrival. Fees range from \$3 to \$4 per night.

Since Lake of Three Fires is the closest recreation area of its kind, it has been popular with NWMSU students and Maryvillians alike. As Park Ranger Larry M. Aldridge pointed out, it has proved to be popular among others also, since approximately 300,000 visitors enjoy the park every year, with 60 percent of these being from out of state.

Lake of Three Fires is easy to find. Follow Highway 71 North to the Y Junction outside of Maryville, then turn onto Highway 148 which goes through Pickering and Hopkins and straight to Bedford. At Bedford, take Highway 2 East, then onto Highway 49 where signs will offer a guide to the park entrance. Entry to the park and parking are free.

So what are you waiting for? Get out and enjoy the summer while you can. After all, those books will still be there when you get back!



Lake boasts Indian legend

Lake of Three Fires is a man-made lake of over 100 acres, but before it was constructed, it was wild, uncivilized territory.

Legend has it that when Indians roamed the prairies of Iowa, great council meetings were held in what is now Taylor County, including the park area. This was centrally located in the favorite hunting grounds of the wandering tribes, and when a meeting was to take place, runners were sent out to the nations to tell them the approximate location of the rendezvous. The exact location was known by the smoke of three fires that said "This is where it's going to be held."

The fires were usually built atop the highest hill nearby, from which all directions could be seen. There is such a highpoint near the park and the valley that is now covered by the waters of Lake of Three Fires is thought to have been the gathering place for many an ancient pow-wow, council or religious festival.

Whether you wish to believe the legend is up to you, but park officials and many area natives will tell you that it's the "honest Injun" truth, and who can argue with that?



Sparkling water and sunshine await at Lake of Three Fires to the delight of young and old alike. A day spent in the outdoors can revitalize the spirits and refresh the body with the cool water of the lake and the warm sand of the beach. Basking on the beach with a deck of cards or a good novel for entertainment have always been a favorite pastime, or for the more energetic, two large wooden rafts out farther in the lake are popular spots for diving off and swimming. Just yards away from the sandy beach is a shelterhouse which includes a snack bar and beach house. The large, cool brick structure

contains a full size fireplace for cooking several picnic benches. For foosball fans, tables that always offer a fresh challenge everyone enjoys a day at the lake, young get the biggest thrill from the experience.

scooping up sand for a castle or floating in a Mickey Mouse inner-tube each activity new excitement. Remembering the joys part of the fun for older beach lovers is seeing the tots at play in their newly discovered

Copy and layout
by Sue Barmann;
photos by Mic Jones.

Interpreter's theater class presents Sandburg poetry

Rural life and values versus urbanization will be the topics explored in a readers' theater presentation 7:30 p.m. June 29-30 in Chatauqua Park.

Eight students will present readings from the works of Carl Sandburg concerning the urban and rural experience while four guest speakers present their views on the topic of preserving or rejecting the traditional Midwest style of rural living, in a lyceum-form style.

Whether it is feasible to cling to the ways of our fathers in this dynamic and changing age, or whether we should ignore change and run the risk of falling too far behind the rest of the nation is a question which is now facing residents of this area.

Carl Sandburg, poet and writer, champion of the common man, was chosen as an exponent of both views of life because of his empathy with both worlds. His writings will be read and interpreted by members of the Interpreter's Theater class taught by Dr. Charles Schultz. Dr. Robert Bohlken, chairman of the Speech and Theater Department, will moderate the lyceum portion of the program concerning the four speakers who will analyze the cultural mores of this area, and discuss whether these should be retained in Northwest Missouri.

"Should a rural community sacrifice all rural qualities for fast food chains, discount houses, encourage urban sprawl? asked Dr. Bohlken. "Should we

Carl Sandburg was an exponent of both worlds, urban and rural

retain rural-ethnic values? Do we want to? It's issues like this which we'll be discussing."

Dr. Robert Bohlken will moderate the event, and give an introduction. Next, there will be two five-minute speeches on the need for planning urbanization by Jim Lafoon and Rollie Staldman, two of the

guest speakers. The first segment of the Carl Sandburg readings will then take place, after which there will be two more presentations by David Primm and Robert Brown. The former will concern the historical development of Maryville in urbanization and the second the economic advantages and disadvantages of industrialization. The program will be concluded by the second part of Sandburg readings followed by an analysis and summary of Sandburgs' views by Dr. William Trowbridge. An open forum concerning this topic will then be held.

Should we encourage urban sprawl?

This presentation is made possible by a \$1,000 grant to the Speech and Theater Department by the Missouri Committee for the Humanities, a division of the National Endowment for the Arts. MCH believes that "the idea that the humanities are functional decision-making tools in public policy seemed natural to Jefferson, Adams and Madison, ...but along the way, this point of view got lost." They are attempting to restore this way of affecting public policy decisions through granting monies to encourage public participation.

Lyceum allows airing of public opinion

NWMSU is one of many educational institutions making use of the grant monies to revive this type of information sharing project for the public benefit. Formerly, the lyceum program, a bringing in of experts on various subjects, was extensively practiced around the nation, including Missouri, but seemed to go out of vogue in the early part of this century. Increasing public concern about many current issues may make the lyceum a viable part of American public life again.

RRO continued

cont. from page 3

"phenomenal program changes" where it has been used. "Those who used it were reluctant at first because of its size, but then sang its praises."

The recent illiteracy findings, though, have demonstrated to the RRO staff that some new or additional approach is needed. Apparently Schiffman, who was a state director of RRO as well as educational director at Johns Hopkins University before his appointment, was hired on the grounds of his belief that the illiteracy problem cannot be blamed on the lack of teaching technique but rather on the delivery system.

"We have a good knowledge of how to teach them to read, but how do you teach the teachers?" In the education business, Schiffman said, "bureaucracy is at its height. There are many private and public literacy programs, but everyone does their own thing. If they could forget where the money comes from and just quit doing their own thing we might get somewhere."

The excitable director recalled one meeting he attended with several experts to discuss teaching methods in which it took them "two and one-half days to decide what they were talking about."

Schiffman is speaking to various federal education groups, like ACTION and the Bureau of the Educational Handicapped, about his feelings and the new direction of RRO. The immediate goal, he said, is to get national and state level reading groups to produce and demonstrate a model to local education departments. The model will show the importance of having an open attitude about the selection of teaching methods; to prove that there is "not one magic instrument to teach any one group how to read." This model may come in the form of teacher training courses.

Although the survey was conducted along ethnic lines, socio-economic barriers seem to be the most important, as many studies have shown. So new RRO and HEW projects will be guided by that understanding.

Schiffman believes that the extraordinarily high black illiteracy rate as compared to whites is due to the belief that more blacks live in economically poorer neighborhoods where the children are often not exposed to the concepts and experiences which many text book authors assume students have, mainly because the authors come from a wealthier class themselves.



Dr. Charles Schultz is directing an interpreter's theatre production which will be presented in Chatauqua Park, June 29-30. Photo by Mic Jones.

Social Security benefits to increase on July 1

Social Security checks on July 1 will include an increase for the high cost of living, Diane Leseberg, social security field representative in Maryville, said.

Due to the rise in consumer prices from 1976-1977, people will receive a 5.9 percent increase in their benefits. In 1972 the automatic cost of living provision was added to the social security law.

According to Leseberg, "People getting social security checks don't have to do anything to get the higher payments, the increase will be added automatically."

With the cost of living increase, average social security retirement payments to retired workers will go from \$221 to \$234 a month. Average social security disability payments to disabled workers will go from \$248 to \$262 a month. Average social security survivors payments to widowed mothers or fathers with two children in their care will go from \$517 to \$547 a month.

Social security pays monthly benefits to over 33 million people. The payments are funded by social security contributions from employees, employers and self-employed people.

Tennis tourney dates set

Young amateur and professional tennis players wishing to participate in the 1977 American Express Challengers Circuit should apply now.

More than \$200,000 in prize money, ATP points and entry into the U.S. Open at Forest Hills are featured in the United States Tennis Association supported event.

The circuit is divided into Eastern and Western Divisions with seven weekly tournaments in each division running concurrently during July and August.

Additional information about the Challengers Circuit, official application forms, tournament locations, qualifications, conditions and regulations are available from either of the following tournament directors: Eastern Division: William Mott, 13 Ann Street, Holden, Mass. 01520 or for the Western Division: Darrel "Righty" Eden, 200 First Avenue East, Seattle, Wash. 98119.

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COUPON SAVINGS

Jackie Hughes, center, the student intramural director for last fall and spring was recently given an award by Dr. Earl Baker, left, and Dr. Burton Richey, right, of the Men's Physical Education Department. Photo by Robert Gard.



Researcher proposes low-fat diet for joggers

by Don Monkerud

(PNS) Is jogging the way to a strong heart, good blood circulation and a long life? It may be, but if you jog and still eat the usual American high-fat diet you could be running down the road to disaster, said Nathan Pritikin of the Longevity Research Institute (LRI) in Santa Barbara, Calif. You might be inviting a heart attack.

Pritikin says that pushing yourself away from the dinner table may be the most needed and most difficult exercise of all.

Most Americans eat too much. Almost 80 million of us are overweight to some degree. Still worse, we eat too much of the wrong foods. Our diet is too high on fats (42 percent of our food calories are typically from fats) and on cholesterol. So we're prime candidates for cardio-vascular disease no matter how vigorously we jog, said Pritikin.

"Running doesn't burn off cholesterol," he said. "If you eat more than 10 percent fat in your diet, you are going to close your arteries even if you are running."

To steer us to a more wholesome course, Pritikin recommends we shift toward a diet that stresses fresh fruits and vegetables. It consists of 10 percent protein, 10 percent fats and 80 percent carbohydrates, and minimally refined foods, free of extra salt and sugar. It is meant to keep arteries open and so prevent high blood pressure and heart attacks.

Accumulations of fat and cholesterol form plaques or diseased patches on the arteries' inside walls. These plaques grow until they clog the blood vessels like rust clogging water pipes. The heart begins to pump blood at higher pressure, leading to hypertension.

Sometimes the plaques break off and float through the arteries until they reach a narrow opening and shut off all blood flow, like a cork in a bottle. If this happens in the coronary arteries, you have a heart attack.

Pritikin says running can break off plaques.

"That's why you read about someone dropping dead while exercising," he said. "They broke off a plaque which bounced up and down as you run just like a bowl of jello. It floated until it reached a passage it couldn't pass through and then completely stopped the heart."

The basic idea is not new. The American Heart Association has recommended a low-fat diet, but with less extreme cuts in fat intake than Pritikin's.

Pritikin said, however, that the high degree of fat reduction is essential. If the fat and

cholesterol level drops low enough, the body begins to take fats it needs from plaques, he said, so beginning to thin them.

However, some doctors and nutritionists remain unconvinced.

"His diet seems like it would work, but he's by no means proved it. He hasn't tested his theories enough," said nutritionist Phyllis Allman of the Stanford University Medical Center.

"His claims are extravagant," said Dr. Gary Fry of the Cardiac Section of the Palo Alto, Calif., Clinic. "He claims reversal of coronary artery clogging on the basis of two cases, but those involve artery clogging in the legs, not the heart. On the basis of what I've seen, he hasn't proved his claims."

Aside from questions of scientific validity, some nutritionists find Pritikin's diet impractical.

"It's a hard diet to follow," said Allman, adding that it's completely different from what most Americans are accustomed to eating.

"Once you leave the Institute," said another, "you don't have the staff watching over you. And you can't go to restaurants or eat at a friend's house, because who else but you is eating that kind of stuff?"

But Pritikin said he firmly believes people can get used to the diet. And besides, "nothing will protect you unless you change your diet."

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BEARFACTS

June 27 is the last date to drop a five-week course without a "WP" or "WF" assessment.

Veterans who haven't received checks for June should not worry. Beginning this month, checks are being mailed at the end of the month, rather than the beginning.

Chairpersons are reminded that their annual departmental reports are to be submitted to the Provost's Office by June 30.

The swimming pool is open for recreational swimming Monday-Friday, 3:30-5 p.m., for students, faculty and staff. Women should dress in Martindale Gym and enter through that building and men should dress in Lamkin Gym.

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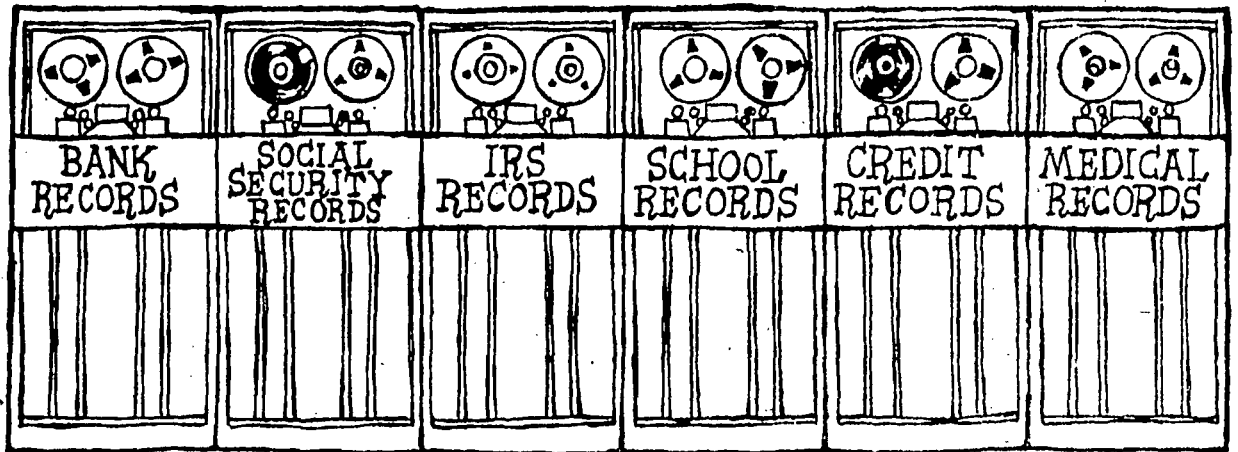
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WHO KNOWS WHAT EVIL LURKS IN THE HEARTS OF MEN?

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Editorial

Page



MARGULIES

THE STROLLER

The Stroller had been longing for a change. Some kind of change--any change. So, intrepid soul that he is, always on the alert for a new adventure, he decided that the change he was looking for was a new environment. To effect this decision, the only thing to do was to say goodbye to dorm life and venture out into the big world beyond the campus (at least for the summer). Of course, economy had to be considered since the Stroller, like almost all college students, never had very much of the green stuff.

However, it seemed that he was lucky, or so he thought, when he obtained an apartment for quite a modest sum not terribly far from campus. Of course, he did have to share a bathroom with other residents, but hadn't he done that for years in the dorm? And then, too, there weren't really any kitchen facilities, save for an ancient and venerable hotplate, but after all, how much would he have to cook? Besides, he really didn't know how to cook anyway, so what would it matter?

So, in a cheerful and optimistic frame of mind, your Stroller began life in his new abode, not minding too much that his living room, bedroom and kitchen (?)

were redundant terms since they were all situated in the same space; or that the view outside his one foggy, grime encrusted window was of the crumbling brick wall of the antiquated building next door. The peeling wallpaper and cracks in the ceiling didn't alarm him too much either, since a few bright posters and scotch tape would fix that up just nifty.

So, after an arduous day at school, the Stroller whistled his way home in pleasant anticipation of a nice hamburger to fry on his hotplate and a long, cool shower. He arrived home, hot and hungry, debating whether to have his hamburger first or his shower. He decided that the hamburger could wait. Rinsing his sticky sweat-covered body seemed the most important thing. Gathering his bath supplies, he trekked down the hall to the bathroom, only to find, alas, that it was occupied. Oh well, so he'd eat first.

He patted his hamburger and put it in the skillet, putting it on one of the two burners on his hotplate. In a few minutes he got up to check it. Strangely enough, it was just sitting there, pinkly innocent, not frying or anything. He checked the

control. No, it was turned on. Lifting off the skillet, he placed his hand on the burner. It was frigid. Well, this meant then that he had just one burner, but that didn't concern him unduly as long as the other one would heat up. It did, so setting the dial at 350, he went back to his reading. A loud hissing noise brought him back to find that his meat was thoroughly cindered. The element glowed fiercely red. The control didn't work, realized the Stroller with dismay. He salvaged whatever of his dinner he could and went back to the bathroom to take his shower.

It was still occupied! Still hungry and hot, the Stroller returned to his tiny quarters, feeling the first signs of discouragement. Resolutely, he shook off the feeling. After all, he really hadn't given it a fair chance yet. So he set himself down to study and did fairly well, although he did have to take some time out to pursue a few little crawly things around with a shoe. Finally, he couldn't stand it anymore--he just had to have that shower.

Again he gathered his things and walked down that long hall only to hear

someone singing "Santa Lucia" in an off-key tenor and the sound of a blow-dryer operating. He fumed but there was really nothing to do but wait. This had never happened in the dorm in all his long years of recollection. Of course, the bathrooms at the dorms weren't one-seaters. At 11 p.m. he drug himself down once more to the bathroom, reflecting gloomily that this was something like his twelfth attempt. Unbelievably, there was still someone there. Despairing, he walked back, but when he was almost to his door, he heard the sound of the door opening. He whirled around. Yes, the party was leaving. Fantastic! Eagerly starting back, thinking that at last everything was going to be alright, he was horrified to see a girl in a flowered robe whip quickly by from a room opposite the bathroom, flashing him a bright smile as she closed the door to his planned destination.

The Stroller went to bed with a protesting stomach and sticky body, dreaming wistful dreams of rows of shiny toilets and empty shower stalls. Next time he felt like a change, he decided, he would take two Valiums and go to bed until the feeling went away.

LETTERS TO THE EDITOR

Note: The authors of this letter intended to have it printed at the end of last semester, but circumstances prevented that from happening.

In recent weeks there have been some inflammatory letters printed in the Northwest Missourian which have quite probably offended some individuals. Some of these letters, though offensive, were needed. Their having been printed is commendable, this has informed people of situations they were unaware of.

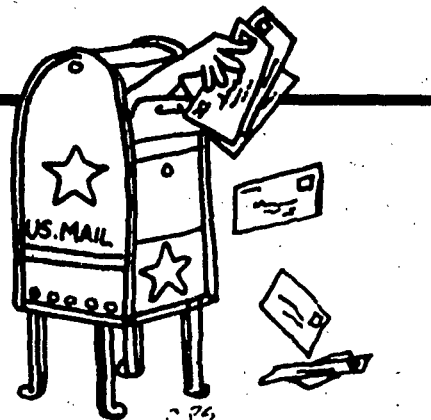
We, too, would like to use this means to inform interested and concerned individuals as to why the Resident Assistants seem to be apathetic.

We were informed, prior to the beginning of the fall semester, that all rules would be enforced. Since that time, the enforcement might be due to the fact that once an R.A. writes a person up for a violation, little or no discipline is administered. It makes an R.A. wonder if it is worth the "hassle" to write a person

up. Is it worth it for a ninety-eight pound woman R.A. to tell a drunk, belligerent and mean-tempered, two hundred and sixty pound man that he is in the dormitory after hours and that he should leave? She would be gambling that this man would not harm her and that he would be disciplined accordingly. The precedent set for such cases is that he would be placed on "strict campus probation." There have been a few incidents where the so-called man even struck the woman R.A. and no reprimand occurred.

There are also incidents of violators who have repeatedly broken the rules and no real discipline occurs. Yet the rules state that persons who repeatedly violate the rules will be dealt with harshly. We have as yet to see such "harsh" treatment.

The so-called "punishment" for violating the rules is a bitter pill. When a person is caught in the act of vandalizing the dormitory, why should he be placed on "strict campus probation?" Why not



have him spend some time picking up the trash around campus or painting the wall he has written on.

So if your R.A. seems to be lackadaisical about enforcing the rules, maybe it is because he or she has not received positive reinforcement from the administration in previous situations.

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The Northwest Missourian welcomes all letters to the editor; letters must be signed and pseudonyms will be identified as such. Names will be withheld upon request, but all names must be kept on file. Letters must not exceed the 350 word limit; and this publication reserves the right to edit.